

launched a medical revolution and a multimillion-dollar industry. More than twenty years later, her children found out. Their lives would never be the same.

3. *The Boys in the Boat* by Daniel James Brown (nonfiction). You have all probably read this book BUT, if you haven't, please read it. This book and *The Power of One* by Bryce Courtenay are the two best books about boys/men/males growing up...some in the state of Washington and one in South Africa in the 1930's.

4. *Facing the Mountain - a true story of Japanese American heroes in WWII* (nonfiction) by Daniel James Brown.

Draws on extensive interviews with the families of four soldiers to chronicle the special Japanese-American Army unit that overcame brutal odds in Europe while their parents were forced to surrender their homes and submit to life in concentration camps on American soil.

5. *The girls who stepped out of line: Untold stories of the women who changed the course of World War II* by Mari K. Eder.

This book takes you inside the lives and experiences of 15 unknown women heroes from the Greatest Generation, the women who served, fought, struggled, and made things happen during WWII - in and out of uniform, for theirs is a legacy destined to embolden generations of women to come.

ON THE TUBE:

1. The **Tokyo Olympics**...thru August 8th

2. **Ted Lasso**, Season 2 on Apple+ TV. My wife & I both loved season 1 and season 2 just commenced.

3. **Virgin River**, season 2 on Netflix. Your wife will love it...you will too. Hint: "Happy wife, happy life".

The San Francisco Giants are on fire with the best record in baseball & the 49ers training camp is coming up soon! Life is good in the Bay Area.

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ACTIVITIES

GOLF



With the state and county removed most COVID-19 restrictions, except masks, and the State SIR leadership allowing vaccinated members to be active in outdoor and indoor settings (with waivers), precautions should be taken while playing golf.

If any of you are interested in playing golf as individuals, you might want to check with the courses as to tee time availability.

The 2021 golf schedule has been arranged and a new Excel golf file was sent out in May. Check for your file copy or at the SIR 51 website. Below are the dates, times, and locations for August and September.

	Aug 03, Tue	Aug 11, Wed	Aug 18, Wed	Aug 25, Wed	Aug 31, Tue
AUG	Sunnyvale	Los Lagos	Poppy Hills	Moffett Field	Spring Valley
	10:00 AM	10:00 AM	10:00 AM	10:00 AM	10:00 AM
	Sep 08, Wed	Sep 15, Wed	Sep 22, Wed	Sep 29, Wed	
SEPT	Poplar Creek	Shoreline	Crystal Springs	Sunnyvale	
	10:00 AM	10:00 AM	10:00 AM	10:00 AM	

Same table, but color-coded for August and September.

	Aug 03, Tue	Aug 11, Wed	Aug 18, Wed	Aug 25, Wed	Aug 31, Tue
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	10:00 AM	10:00 AM	10:00 AM	10:00 AM	10:00 AM
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Crystal Springs
Los Lagos
Moffett Field
Poplar Creek
Poppy Hills
San Jose
Shoreline
Spring Valley
Sunnyvale

urtesy of Golf Course Coordinator:

KAI JOHANSEN
(650) 380-9493

Also, contact Big SIR, Jim Cummings, as a mutual supporter for golf news.

JIM CUMMINGS
home: (650) 328-2168
cell: (650) 207-3609

Check if the following activities are going to occur with the recent COVID-19 and State SIR removed restrictions. Do keep in mind, however, some restrictions are still in place.

COMPUSIR



COMPUSIR is a self-help Computer discussion group. Normally, it meets monthly at the PALO ALTO ELKS LODGE 4249 EL CAMINO REAL, PALO ALTO. Check first if meetings are being held by Zoom, or not at all. When in-person meetings can be held access is by the following method. For entry, use the announce button on the pedestal to the left of the Front door. **COMPUSIR** is now part of SPAUG (the Stanford – Palo Alto Users Group). SPAUG Meetings are still held the **SECOND WEDNESDAY** of each month at 7:00 pm, when possible, in-person, at PA Elks Lodge (address above). The meeting is upstairs (elevator available past the stairway). More information at www.spaug.net.

MACINTOSH USERS

Contact Skip Ross to join this e-mail group where SIR members in all branches can exchange MAC-related news, get answers to questions and share experiences.

SKIP ROSS (541) 857-6224

INDOOR BOWLING

(BRANCHES 5, 35 & 51)



We bowl on a handicap system, so all have an equal chance. Each season teams are revised and always have a mix of players by ability. When possible with less COVID-19 restrictions, we meet on **Tuesdays at Homestead Lanes: Homestead and Stelling in Sunnyvale from 1-3 PM.** Be there by **12.45 PM.** New bowlers are always welcome at any level of experience. If you're new, it's easier if you call me (Bob Taggart) in advance so we will be prepared. Spouses, women friends are welcome – there are now 10 co-ed teams.

YOU CAN JOIN ANYTIME

A ball and shoes are available at the bowling lanes. Looking for some exercise that does not rely on good weather? Indoor 10-pin bowling is a fun, low-impact bowling skill that comes back after a long lay-off. Many have not bowled since they were youngsters. For more information, contact:

BOB TAGGART (650) 321-2654, Br 35

LAWN BOWLING:



Check if Lawn Bowling is able to meet and play. We meet on Tuesday, Thursday, and Saturday at 9:30 AM at Palo Alto Lawn Bowls Club, 474 Embarcadero Road, Palo Alto. Players need to be 15 minutes early to be entered into the draw for teams. Free coaching is available for new players. Contact:

DON HUGHES (650) 323-9916

TENNIS:



When possible, during the COVID-19 pandemic, check first to see if our tennis group meets which happens on Mondays and Thursdays at Rinconada Park in Palo Alto. Please be there by 8:30 AM when doubles teams will be formed. Late arrivals will play as sets are completed. We

play an open spin-in doubles format. Play level is about 2.5. We welcome non-SIRS, so bring a friend.

BILL KAMIN (650) 322-4300

CYCLING:

SIR Bicycle Group August 2021 Ride

2nd Thursday, August 12th, 2021, 11:00 a.m.

Wives and guests are welcome. Rain cancels ride, helmet mandatory.

This is a SIR ride and COVID waivers are mandatory.

We would like to see new people come out for this ride

SIR Bicycle Ride Protocols are to be followed.

SAN LORENZO BAY TRAIL RIDE

The nomenclature of this ride is not clear. The ride is the San Lorenzo Bay Trail Ride, 2567 Grant Ave. San Lorenzo. The address of the parking Lot 2639 Grant Ave, San Lorenzo.

GPS coordinates: 37.669465, -122.157571

Directions: San Lorenzo Bay Trail Ride: The ride is from San Lorenzo to Oakland Airport to Bay Farm Island. It is a very scenic, bay front trail that's paved and level (including 1-2 miles of riding through quiet residential streets)-about 22 miles round trip. We stop about half way for lunch and a little social time. The trail can get a bay breeze so please bring light windbreaker or vest. This ride is much like the Oracle Redwood Shores ride, but on the East Bay.

Driving Directions: From Silicon Valley take I-880 heading North, exit on Hesperian Blvd (about 20 miles from Mt View/Palo Alto) turning left on to Hesperian Blvd, then right on Grant Avenue and turn right into the trail parking lot (near the end of Grant).

Please open the link below to see Maps #8 and #9

which show the trail we'll be riding. At the top of Map #8 it shows where the paved trail starts at Grant Avenue in San Lorenzo,
<http://baytrail.org/get-on-the-trail/map-by-number/san-leandro-to-bay-farm-island>

If there are any questions, contact me, James Lunt at (408) 252-6804, cell: (408) 921-5085 or Gordon Tong at (408) 242-0557. Let us know if you are riding so we can wait for you.

For your information, the new bicycle protocols are:

Revised SIR Branch 35 Riding Group Protocols:

1. All riders are encouraged (but not mandatory) to receive the first and second Covid-19 vaccine injections.
2. All riders are **not** to carpool to designated rides. Biking to designated starting points of rides is acceptable.
3. For the safety of all riders, ride only if one is feeling 100% healthy.
4. Riders must wear a biking helmet and some type of face mask. Riders are encouraged to bring hand sanitizer because public restrooms may not always be open.
5. We will designate a lead rider at the front of the group and a designated sweeper behind the last rider. All riders will stay between the designated lead and sweeper.
6. We will stagger riders in groups of 2 - 3 with the first group departing, followed by the next group of riders 2-3 minutes later and continue with this staggered process until all riders have departed.
7. Riders will ride single file and maintain a minimum 50' distance from the rider immediately in front. Riders can pass each other as long as there is a safe margin to pass.
8. When the designated lead rider stops for a group water or restroom break, all riders will stop and maintain a minimum 6 feet distance from each other.
9. Riders are encouraged to bring their lunch or order takeout food. The designated lead rider will find a suitable area to eat lunch and ensure proper social distancing.

10. When riders are eating lunch with their mask off, the minimum distance from each other will be 10 feet.

11. Ride back to our designated ride starting point in the same manner.

This is the **Master Riding List for 2021**. It may change as the year goes by, so the final word is in the SIR Branch 35 month's newsletter.

~~**January 14, 2021**~~

~~Stevens Creek/Shoreline Park (Mt. View), no ride~~

~~**February 11, 2021**~~

~~Coyote Creek (South San Jose), no ride~~

~~**March 11, 2021**~~

~~Coyote Hills-Alameda Creek (Fremont/Niles), Michael's (Mt. V) to Univ Ave/Hwy 84 (Menlo Park). See above.~~

~~**April 8, 2021**~~

~~Foster City Bay Trail~~

~~**May 13, 2021**~~

~~Brisbane Bayshore Trail~~

~~**June 10, 2021**~~

~~Guadalupe Trail (Alviso to San Jose)~~

~~**July 8, 2021**~~

~~Sawyer Camp Trail / San Andreas Trail~~

August 12, 2021

San Leandro-Alameda Ride

September 9, 2021

Mt. View to Alviso

October 14, 2021

Half Moon Bay

November 11, 2021

Los Gatos Creek Trail

December 2021 No ride

(If the weather is good, the riders may pick a ride)

Again, if you have questions, please contact Jim Lunt or Gordon Tong as per below.

James Lunt: (408) 252-6804, Cell: (408) 921-5085
Gordon Tong: (408) 242-0557

NON-RESPOSIBILITY DECLARATION:

All activities arranged for or by, or sponsored by, Sons in Retirement, Inc., and its Branches, are for the convenience and pleasure of the members and their guests who desire to participate. Sons in Retirement, Inc., and its Branches do not assume any responsibility for the well-being or safety of the participants or their property, in any matters pertaining to said activities.

STATE SIR TRAVEL INFORMATION



For information on State SIR travel, go to the State SIR website listed below, and click on "Region and Area Info", click on "Resources", click on "More Information", then look for "Travel Management Information" section which has sub-links to travel agencies, bus companies, and a travel handbook. Also, one can use "Search Here" box at the base of the page using the word "travel".

STATE SIR WEBSITE

www.sirinc.org

SIR BRANCH 51 NEWSLETTER

If you have any inputs, suggestions or feedback to add or improve the newsletter, please let me know.

Also, if you wish to add material to the newsletter, inputs for the next newsletter should be submitted between the 15th and 20th of the month prior to the next newsletter.

Newsletter Editor:

Richard Jamison
(650) 868-3723

2021 SIR BRANCH #51 OFFICERS AND COMMITTEE CHAIRMEN

EXECUTIVE COMMITTEE

Big SIR: Jim Cummings 328-2168
Little SIR: (Open)
Secretary: Gerry Shebar 868-6124
Asst. Secretary: Richard Jamison 868-3723
Treasurer: Kingsley Wood 799-8420
Asst. Treasurer: Kevin Wheaton 485-2276

DIRECTORS

Director: Joe Grippo 948-2130
Director: Sam Meredith 325-4152
Director: Craig Carpenter 325-4152

ACTIVITIES CHAIRMEN

Indoor Bowling: Bob Taggart (Br 35) 321-2654
Lawn Bowling: Don Hughes 323-9916
Cycling: Jim Lunt (Br. 35) (408) 252-6804
Tennis: Bill Kamin 322-4300
Golf: Kai Johansen 380-9493
Jim Cummings 328-2168
Travel: State SIR Travel: www.sirinc.org
Compusir: Stanford-PA Users Group www.spaug.net
Macintosh Users: Skip Ross (541) 857-6224
Historian: (Open)

New Board Members

Jeff Gardiner 561-9661
Ray Klinke 924-0734
Mike McMahan 493-7392

ADMINISTRATIVE CHAIRMEN

Attendance: Kingsley Wood	799-8420	Luncheon Programs: Steve Tremulis	598-9790
Audit: Sam Meredith	325-4152	Membership: Gerry Shebar	868-6124
Russ Porter	234-1212	Asst. Membership: (Open)	
Website: Gerry Shebar	868-6124	Greeter: Al Runge	592-1345
Asst. Website: Art Lewis	964-3223	Special Events: (Open)	
Newsletter: Richard Jamison	868-3723	Nominating Committee: Jim Cummings	328-2168
Good Samaritan: Bob Guffey	593-3496	Steve Tremulis	598-9790
Member Orientation: Bob Guffey	593-3496	Craig Carpenter	325-4152

All telephone numbers are in the 650-area code, except where noted differently.

All changes in address, telephone number, and e-mail address needs to be reported to the SIR Branch 51,
Acting Membership Committee Chairman:

Gerry Shebar,
3345 Stockton PL.,
Palo Alto, CA 94303
(650) 868-6124

“All the news that fits we print”

Anonymous